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Research on Reform and Innovation of Judging System of Sports Dance Competition

Ming Zhao, Yunqing Guo, Jianshan Bai

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Abstract: With the continuous progress of the times, many new industries have been born, and the art of sports dance has also been born and gradually prospered. In recent years, this art of sports dance has gradually been accepted by the public, and the promotion of this art has added color to the public's entertainment life. Based on the fact that sports dance is an emerging sports project, it integrates music, dance and sports into one, reflecting the breath of the times. Sports dance is an elegant means of fitness. Public participation in physical exercise activities can achieve the effect of comprehensive fitness. This art superimposes the three "fitness + entertainment + performance" to present different fitness methods and show unusual sports dance. Charm is a great help to release the pressure of life. This article mainly analyzes the current status of the judging system of dance sports competitions, and explores the reform and innovation path of the judging system of dance sports competitions, in order to promote the development of dance sports competitions to a high level.

Keywords: Sports Dance; Competition Judging System; Innovation

Introduction

Sports dance evolved from some national folk dances abroad, also known as "social dance". It has been widely spread in China since the reform and opening up. Since the official establishment of the Dance Sports Association in my country in 1991, competitions for this event have been widely carried out in China, which has promoted the continuous improvement of the level of competition. At present, my country's sports dance events have a broad mass base, and a stable competition mode has been formed during the promotion process. However, after years of development, sports dance events are not only in terms of competition arrangement and rules, but also in the judging system such as competition records and judging laws. There are many problems. How to enhance the competitive nature of sports dance competitions, improve the competition evaluation system, further enhance the fairness of the competition, and promote the systematic development of sports dance competitions in my country is a problem that needs to be solved urgently.

1. The status quo of the judging system of sports dance competitions

In recent years, different types of dance sports competitions in China have been increasing day by day, and a lot of work has to be done before, during and after each dance sports competition. In this process, the judging system of dance sports competitions has been basically formed. Based on the competition evaluation index is closely related to many aspects, but the competition arrangement, rules and records are the main three indexes, so this article defines the competition evaluation system index as the above three parts. For the arrangement of sports dance competitions, because the work is specifically reflected in the project settings, the competition arrangement in the competition is very critical, especially in international competitions where athletes are required to have a high level, and the corresponding division of groups is also set. simple. Competitive sports dance mainly focuses on aesthetic performance and emphasizes the integration of balanced art and competitive technology. The judgment method is mainly subjective judgment. The scoring method is determined according to the competition situation. This is the characteristic of the competition. Therefore, the group setting in the competition event

consists of eight pairs of athletes (four men and four women). Elimination, selection, qualification, and ranking are carried out according to the procedures. The individual competitions are divided into professional and amateur groups according to international practices, and the above four procedures are carried out according to different requirements. competition. Usually the amateur group takes age as the main basis and takes it as the standard established by each group. If a participant joins the amateur group competition, it means that there is no possibility for him to participate in the professional group competition. Although professional and amateur groups are set up separately in dance sports events, the actual distinction is not strict.

Based on the completeness of the current sports dance competition plan, the status of the referee in the whole process of the competition is very high and occupies an important weight. Whether the game is fair or not depends on the referees' understanding of the rules of the competition. Since there are many clauses in each standard under the current evaluation standards of the competition rules, different referees will have some deviations when they understand the rules of the competition. There is a very large degree of freedom in refereeing, which is likely to cause different judging standards in different games. Generally, 7-11 referees are used to referees in each competition of sports dance in my country, and the number of referees must be odd. Their scoring is based on the rules of the competition, but more of their own experience is used to judge. This scoring method is highly subjective. This scoring method is also known as "fuzzy" competition rules. This rule has been in a developing stage since it was introduced into my country's competitive competitions. Therefore, for most referees, they have no experience in international competitions, and their on-the-spot performance. The adjudication experience is not fully adapted to the national conditions of our country, which also gives the referees the discretionary power. Therefore, the adjudication process has great flexibility. Secondly, the dance association and the sports association are different in the way of scoring. The sports association highlights the competitive characteristics when scoring and pursues the accuracy of the score. The judges use the technical quality, the movement in the music, the choreography skills, the choreography and the display as the score. Indicators, score the players in a targeted manner, and pay more attention to the fairness of the game. The scoring process of the Dance Association is mainly based on the elimination method and the order method. The on-site "lottery" determines the judges of each dance, which is also a test for the judges, and the audience can pass the rankings of the players on the public screen and feel the judges each other. The difference between aesthetics.

Most of the domestic sports dance competitions use manual recording methods. In order to meet the needs of the competition, various forms of different purposes need to be produced before, during and after the competition, including competition schedules, ranking statistics, and athlete information. Tables, finalist statistics, elimination judging tables, ranking judging tables, score tables, etc., are used throughout the entire competition. Although the current sports competitions continue to strengthen themselves with the power of science and technology to avoid human factors affecting the fairness of the results of the competition, management software that can completely record the entire process of sports dance competitions has not been seen, and there are no publicly used management softwares, because they still It is still in the preliminary stage of research and development, and it is still a semi-manual operation stage to deal with some relatively simple procedures such as finalist statistics. Most regional competition records are still manually operated, which is far from the modern competition requirements of "faster, more accurate and safer" [1]. As there are not only many items in the setup of various items in the sports dance competition, but also the very complicated groups, it will inevitably increase the difficulty of the referee's recording work, and errors will inevitably occur under high-intensity workloads. In addition, there are too many competition forms, which are difficult to manage in terms of manpower, financial resources, and time. It is difficult to convey the game information in time, and it is easy to make mistakes in the recording process. Therefore, it is necessary to seek scientific recording methods as soon as possible to solve the actual problems in the competition records.

2. Reform and Innovation Path of Sports Dance Competition Judgment

System

2.1 Reform and innovation strategy of competition arrangement

In order to improve the level of sports dance competitions in my country, it is necessary to strengthen the mutual communication, trust and assistance between different dance sports associations based on the purpose of the World Dance Sports Federation, and strengthen the joint cooperation of these dance associations. In addition, because the project setting is not only a manifestation of athletes' training and benefits, it is also a key aspect of resource allocation, so it is necessary to highlight the key points and optimize the structure in competitive competitions. In order to further standardize the project setting in the competitive dance competition, it is necessary to divide the competition levels in detail based on the actual development of sports dance, and focus on the competitions held at different levels, from the group setting of the competition, the type and combination of dance competitions, The age and other aspects are implemented in a unified setting. Among them, the national competition focuses on the selection of top talents. The purpose is to improve the competitive level of the players. The project settings must highlight the small but refined items, highlight the competitive nature of the competition, and reflect the characteristics of sports dance. Provincial and municipal level competitions are mainly divided into diversified talent groups. The purpose of this level of competition is to popularize and promote domestic amateur players. More individual events will be set up to help more people participate in the competition. The youth competition focuses on the training of reserve talents, mainly for the promotion and popularization of players of this age group, and setting up more individual events to help players consolidate their foundation. Secondly, due to the relatively short development history of sports dance in my country, compared with some Western countries in organizing competition routines, it is still lagging behind. Therefore, industry scholars should make more efforts to improve the level of competition routine creation. As far as the choreography of competition routines is concerned, it is extremely innovative. Therefore, artistic innovation is implemented from the perspectives of changes in dance routes, technical difficulty, music and movement coordination, and demonstrates the artistry of competitive dance.

2.2 The reform strategy of the competition rules

The development of modern sports dance has become more standardized in terms of both the operation and form of competition evaluation. The competition rules must be easy to operate and rigorous in setting items, and the competition items shall be judged in a quantitative way. Therefore, the current dance competition rules must be revised and perfected to make the competition rules more operability and enforce the competition judgement. In order for competitive sports dance to develop towards internationalization and to adapt to development needs, the existing refereeing law must be reformed and the transparency of competitions improved. First of all, before the end of the project competition, all judges participating in this competition must promptly give the final scores of each player on the spot, and the final scores assessed by all judges and the actual scores given in accordance with each competition rule It should be published in detail in the results announcement column. Only in this way can the transparency of the competitive dance competition be improved, and the "fair, just and open" performance evaluation can be realized, and the recognition of coaches and athletes to the competition can be improved. At the same time, the contestants can also use the scoring status of the various clauses in the competition rules to understand their own deficiencies, and for the referees, it can also promote their sense of responsibility, so that they can continue to strengthen their learning and be accurate Judgment and improvement of own professional level. In addition, the multi-referee scoring method is adopted to clearly divide the labor of all referees participating in the game. While saving time, it also effectively reduces the scope of judgment. At the same time, the difficulty of judging the entire set of actions by the referee is reduced. To evaluate the performance of the players from a different perspective, it can also prevent all referees from having to evaluate multiple pairs of athletes in an all-round way within the specified time, and promote the more scientific development of competition rules. Secondly, in order to be able to reasonably compare the athletic level of the contestants, and to arrange the contest positions of the contestants fairly, each project (the team dance competition project is not included) is carried out by cross-application of multiple competition systems ^[2].

2.3 The reform and innovation strategy of competition records

As competitive sports dance is becoming more and more popular among the public, while the career of competitive sports dance continues to develop, competitions for this event are also becoming more frequent. The existing competition record management software can only handle some simple programs and cannot meet the modern needs. The requirements of competitive sports dance competitions, so it is very necessary to build an efficient and convenient competition record management software that conforms to the rules of sports dance competitions. When developing competition record management software, it is necessary to establish a complete failure response plan to ensure the integrity of the data. The software is designed from four dimensions: the database management module includes emptying the database, database restoration and backup, and original data submission. The performance statistics management module mainly enters the preliminary and final results. The print management module mainly prints the judgment table, the preliminary contest and the final result. Other functional modules can group players, arrange player rounds, manage points, handle events flexibly, score books, etc. The functions of the four modules of the software can completely replace manual recording, effectively make up for the defects of manual operation, and fully embody the powerful management and operability characteristics of the computer. In addition, the competition recording software covers a variety of competitive sports dance types. The development of competition activities for a variety of sports dances can meet the needs of point management. It can also automatically generate contestant changes and assign them to the corresponding groups. In this process Completing the audit of the contestants in the same time. If the contestants have abnormal information, they will also notify the competition group. After all the competitions are over, organize the scores, promotion and elimination of all contestants in the course of each competitive dance competition in a timely manner, and quickly announce the results.

3. Concluding remarks

With the rapid development of the market economy, the development of competitive sports dance events has also followed a certain degree of market operation, providing an opportunity for the recognition of regional sports dance competitions and the vigorous development of competitive dance. However, judging from the overall development of competitive sports dance, the competition management system is not perfect, there is a lack of professional sports teams, and the judging system is not perfect. These will have a great impact on the development of dance sports events, especially as referees gradually tend to move. To be younger, we must pay more attention to the training of newcomers. In practice, we take measures to bring the new with the old to prompt new referees to quickly become familiar with the business and gradually improve their technical capabilities. Construct a referee supervision mechanism and incorporate laws and regulations into the rules of sports dance competitions to maintain the fairness of competitive events.

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The Influence of Physical Activity on Social Anxiety of Left-Behind Children in Rural Areas

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Abstract: With the development of China's economy and society, the number of rural left-behind children, a vulnerable group, has soared. Due to the absence of family education and other reasons, left-behind children are prone to have a variety of psychological problems, among which social anxiety is one of the universal problems. Sports not only as an activity used to enhance physical fitness, but also affect children's mental and emotional, and play a positive role in alleviating social anxiety. In the implementation process of sports, a positive intervention for social anxiety of rural left-behind children is formed.

Keywords: Sports Activities; Rural; Left-Behind Children; Social Anxiety

1. Overview of Social Anxiety of Rural Left-behind Children

1.1 Definition of Social Anxiety of Rural Left-behind Children

Social anxiety refers to a certain or a variety of interpersonal situations have a strong anxiety, anxiety or fear of emotional reaction and avoidance behavior, in the low age group is prone to occur. Moderate anxiety can increase people's initiative and awareness of vigilance, but excessive social anxiety will reduce emotional self-control and affect the communication with others. Family provides children with the most direct experience of the growth environment, is an important place for children's physical and mental development. Children in families with low levels of intimacy and emotional communication are more likely to have symptoms of anxiety and to be socially isolated.

Left-behind children are a vulnerable group with more prominent mental health problems at present. Studies show that the mental health level of left-behind children in China is significantly lower than that of non-left-behind children, among which, social anxiety disorder is considered to be one of the most prominent problems of left-behind children in rural China. For one or both parents in the countryside migrant workers more than three months in a row, was made a ward of a parent or other relatives children accept compulsory education, in social tension, anxiety, fear of having their own behavior will cause embarrassment, unable to normal communication with others, is called the rural left-behind children's social anxiety.

1.2 Psychological Characteristics of Left-behind Children in Rural Areas

Under the premise of unbalanced development of economic and social regions, the problem of left-behind children in rural areas has become increasingly prominent. Social anxiety is a common problem in children, but it has not been addressed early on. Some studies believe that left-behind children in rural areas are susceptible to various psychological and behavioral problems, and their mental health level is lower than that of non-left-behind children. Left-behind children are usually educated through generational separation and foster care. Due to the lack of emotional support, they are generally weak in emotional cognition and empathy expression, prone to inferiority and unsociable psychology, and tend to be negative and pessimistic towards things around them. Left-behind children in rural areas themselves do not have high material needs, but they have strong needs for family belonging and emotional needs, and they are eager to get care and protection from their

parents. In the environment of extreme insecurity, they are more sensitive and vulnerable psychologically. In the early stage when individuals can connect with the society, children's cognition is mostly from the family environment, while left-behind children lack of family and emotional communication with their parents, resulting in their lack of social awareness and initiative in cognition.

2. The Influence of Physical Activities on Social Anxiety of Left-behind

Children in Rural Areas

2.1 Current Situation of Sports for Left-behind Children in Rural Areas

At present, the left-behind children in rural areas generally have low interest in sports, and their participation is not high. In objective conditions, rural economic development is backward, sports facilities, teachers are weak, lack of professional teachers to guide students, and teachers are not professional enough to meet the needs of sports, so that children can participate in the type and scope of sports activities are limited; Subjective thought, the rural left-behind children because of emotional deficiency, their interpersonal skills are weak, lack of confidence, in the case of insufficient extracurricular time, sports as an unnecessary supplementary activities, rather than rigid demand, autistic psychological state makes them reluctant to contact with sports too much. Although the quality-oriented education is the core, but in the rural areas still pay more attention to knowledge education than physical education, schools pay less attention to physical exercise, resulting in children's weak awareness of physical exercise. As a result, the left-behind children's physique is poor and their health is not optimistic.

2.2 Research on The Correlation Between Physical Activity and Social

Anxiety

Physical activities can not only improve the communication mode between left-behind children and their peers, promote the development of their social network, but also the process of exercise is the process of left-behind children to build psychological barriers, can change the negative self-cognition of left-behind children, improve self-confidence, so as to reduce social anxiety. Bodnari et al. ^[1] showed that the higher the intensity of physical training, the lower the level of social anxiety. This result again verified the buffer effect of physical activity on reducing social anxiety. Stubbs et al. ^[2], based on the data of 47 countries, showed that physical activity was negatively correlated with social anxiety, indicating that physical activity was an important protective factor for reducing social anxiety to some extent. In 2020, Ren et al. ^[3] explored the influence of physical exercise on social anxiety of 797 rural left-behind children in central China, and also found a significant correlation between the amount of physical exercise and the level of social anxiety. Therefore, physical exercise can be used as an intermediary to relieve social anxiety, and for rural left-behind children who are lack of physical exercise, it can expand its advantages.

2.3 The Positive Effect of Physical Activity on Social Anxiety

2.3.1 Improve Emotional Regulation Ability

At present, the emotional problems of rural left-behind children are more serious, in loneliness, inferiority and other emotional aspects are higher than the non-left-behind children. Left-behind children are prone to tension, anxiety and other bad emotions in a complex environment. Because of their weak wills, they are more likely to lose control of emotions. Sports activities can provide participants with exciting and pleasant atmosphere, promote the secretion of adrenaline and dopamine, mobilize the excitability of the nerve, so that children can be separated from the bad mood and experience happiness. In particular, group sports activities can reduce children's emotional behavior problems, enable children to complete the

corresponding sports games in team cooperation, significantly improve children's ability to empathize, avoid the release of negative impulses in the face of embarrassing and complex dilemma, and always maintain a good state of mind. The enhancement of emotion regulation ability can improve the quality of friendship to some extent, and the establishment of friendship is a key step to reduce social anxiety.

2.3.2 Develop Positive Psychological Qualities Such as Self-confidence

Inferiority is a kind of negative psychology that produces doubt about one's own ability and worth. Left-behind children in rural areas because of the lack of material conditions and spiritual support, there is no way to be well connected with the society, when the external environment changes, they are easy to be at a loss because of the lack of confidence, unable to adapt. Regular participation in physical exercise, can make children strive upward, under the guidance of the teacher, to know themselves, to achieve psychological health and balance. Physical activities with certain challenges can be set according to the individual differences of children, so that children can build up confidence in the process of overcoming challenges, prove themselves in the process of sports, and gradually form a positive self-concept. The increase of physical ability and the experience of success make children's self-evaluation more accurate, so as to treat people with a positive and optimistic attitude, and reduce the sense of insecurity caused by the change of the surrounding environment. Sports need self-confidence, self-confidence also in the process of sports development, improve, become an important internal motivation for children to play their level.

2.3.3 Strengthen Social Adaptability and Cooperation Consciousness

Left-behind children in rural areas have a limited range of activities, and their ability to adapt to society is mainly reflected in the process of receiving changes in the school environment and adapting to the way of communicating with peers. Due to the negative parenting style caused by their parents' migrant work, left-behind children in rural areas tend to evaluate themselves negatively in the social environment, causing social anxiety and restricting the development of social adaptability. Group as a microcosm of society, through the sports activities, left-behind children can learn the meaning of team work, promote the improvement of the self feeling of competence enhancement and self-esteem level, form of social identity and sense of belonging, make it easier for children in the process of understanding the social integration into society, enhance the capacity of social practice in daily life and ability to cope with setbacks, after can gradually establish a positive interpersonal relationships, more can adapt to society.

3. Countermeasures to Develop Rural Left-behind Children's Sports

Change the rural left-behind children's sports awareness, strengthen psychological counseling, cultivate their habits of physical exercise, strengthen publicity, hold lectures to make children understand the importance of sports; The government should increase the capital investment, strengthen the construction of rural sports infrastructure, and lay a material foundation for promoting the development of sports; Schools should put physical education courses in an important position, increase the inclusion of physical education teachers, and maintain the enthusiasm of teachers in teaching.

4. Conclusion

Social anxiety of left-behind children in rural areas is widespread and should be paid attention to. There are various ways to intervene social anxiety, among which sports play a positive role. We can not ignore the internalization effect of sports on children's psychology, which can alleviate children's inner fear of the known or unknown society, improve their self-cognition, directly reduce the level of social anxiety of left-behind children to a certain extent, and provide a strong guarantee for their stable foothold in the society in the future.

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On the Basketball Referee's Control of the Game Rhythm

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Abstract: With the popularity of basketball all over the world, more and more people like basketball and watch basketball games. The reason why basketball can attract so many people is inseparable from the strong confrontation of basketball, the rapid conversion of attack and defense and the unpredictability of the game results. Basketball referees are the law enforcers of basketball games. They must ensure the fairness, impartiality and fluency of basketball games on the premise of abiding by the rules. Therefore, referees are required to grasp and control the rhythm of the game so that the basketball game can attract more audiences. This paper analyzes and studies how to grasp the rhythm of basketball game, in order to provide some help to improve the level of referees.

Keywords: Referee; Game Rhythm; Game Fluency

Introduction

In today's world, the level of basketball has been greatly improved, and the game has become fast and compact. Today's players are taller, stronger and have more comprehensive skills than in the past. When the conversion of attack and defense is more frequent, the scope of attack and defense also covers the whole stadium. ^[1] Therefore, the referee obviously has more responsibilities and the task is more arduous. In a highly competitive competition, only stable and continuous perfect law enforcement is the guarantee of the success of the competition. The referee should be able to quickly and accurately judge each situation in the game and the impact of each situation on the players and the game, and grasp the punishment of each violation, which requires the referee to firmly grasp the game rhythm on the field, so as to let the audience watch a tense, intense and smooth game.

1. The quality required by the referee to control the game

1.1 Good physical condition

Nowadays, the development direction of basketball in the world is to develop rapidly in the direction of "higher, faster and stronger". The competition of players on the court is more intense, the physical antagonism is stronger, and the conversion of attack and defense and the moving speed are accelerating. In the whole judging process, referees, like athletes, need to actively run, move, reasonably select positions, and make accurate judgments, which requires referees to have good physical conditions to adapt to the rhythm of the game.

1.2 Rapid response capability

The attack and defense conversion on the game field is fast, and the players' actions are becoming more and more hidden. If they find a violation, they should react and make a penalty at the first time, and also control the rhythm of the game, which requires the referee to have a very good ability of rapid response.

1.3 Wide field of vision

Today's basketball players are tall, fast moving and skilled. If an excellent basketball referee does not have keen vision and broad vision, he can not clearly understand the situation on the court. There are often many wrong judgments and missed judgments, so it is difficult to control the game.

1.4 Good psychological quality

Only when basketball referees have sound psychological quality can they achieve emotional stability, quick thinking, concentration, strong will, not affected by external interference, and achieve fair law enforcement and accurate punishment. In the usual practice, we should often create an atmosphere in the field, so that the referee can constantly adapt, improve and improve. In this way, we can keep a good attitude and make appropriate decisions in the face of players, coaches and audience.

2. Basketball Referees' methods of controlling the rhythm of the game

2.1 Control of common assault and foul

With the rapid development of global basketball, today's basketball players become taller and stronger than before. Basketball games can not only meet the needs of the game by having good technology, but also super physical quality has become the key to the game. Nowadays, there are more physical contact and more fierce confrontation. It is not enough to understand the game in a deeper level only by relying on the article framework in the basketball rules. The development direction of basketball has increasingly encouraged physical confrontation. Therefore, in order to control the rhythm of the game, we must understand what kind of physical contact is reasonable and what kind of physical contact must be declared foul. If we judge only from the actions of the team members, it is difficult to understand how much impact each action of the team members has on another team member. Therefore, athletes often make dramatic performances (diving) to fool the referee in the game. The referee should be able to correctly understand these situations and make necessary judgments and warnings. ^[2]

2.2 Control of offensive fouls in tactics

With the development of basketball, the group cooperation and tactics of basketball are becoming more and more prominent. The era of "chamberlain" basketball has ended. Today's players pay more attention to cooperation, especially in European basketball. They pay more attention to team attack and defense, and the scope of cooperation is becoming wider and wider. It is far from enough for referees to be solely responsible for the players in their own area. They must understand the attack and defense relationship of each pair of opposing players in order to control each violation, so as not to affect the rhythm of the game. Therefore, an excellent referee should control the rhythm of the game, have a certain understanding of the tactics and the relationship between attack and defense in the game, understand the game and understand the game.

2.3 Cooperation of referees

The communication between referees is the key to ensure the smooth progress of the game. Referees are human beings rather than gods. It is inevitable that some blind spots will appear in the fierce basketball game. In addition, today's players are becoming taller and taller, which will inevitably block the sight of referees under certain conditions. In these cases, referees are required to cooperate with each other and provide help for the situation that their peers do not see or are uncertain. Only in this way can we make correct and reasonable decisions and make the game more intense and smoother.

3. Matters needing attention for the referee to control the rhythm of the game

3.1 Show the strength of the referee

The referee must be strict at the beginning of the game and show all the players his level of judgment. At the beginning of the basketball game, some players will generally be unable to let go, or move very large, or use some habitual violations to obtain benefits, and some experienced players will deliberately use some small actions to obtain unfair benefits, or test the referee's executive level. At this time, the referee must show his strength, pay close attention to these detailed violations, whistle and pronounce the sentence quickly, ruthlessly and accurately, be crisp and neat, let each player know his strength, establish the authority of the referee's fair, just and strict law enforcement, and firmly grasp the control of the game in his own hands ^[3].

3.2 Clearly express each penalty

3.2.1 Grasp of whistle sound

Basketball referees must have a whistle suitable for themselves. It is the weapon for referees to judge the game. The standard and loud degree of whistle can reflect the level of basketball referees. The referee should express any violation or foul on the court through the whistle. Generally speaking, the whistle of violation should be slightly shorter and lighter. When blowing a foul, the whistle should be slightly longer and heavier.

3.2.2 Skilled gestures

The referee's gesture is the language for the referee to communicate with the recording desk and his companions. Referees should use FIBA standard gestures to keep them formal, concise and lively, which can double help referees establish the image of referee on the court, and there is no need to add some dramatic performances.

3.2.3 Necessary oral English

The referee should note that action is more powerful than speech and use sound only when necessary. If you want to make a foul with your fingers among many players after a foul under the basket, the players will be vague. At this time, adding the necessary oral English will help to quickly identify the foul players, shorten the stop time of the game and start the game as soon as possible.

3.3 Do not affect the result of the competition

The referee should control the rhythm of the game and pay attention to the timing. In the course of the game, the referee can judge whether some violations affect the development of the game in order to make the game more fluent and ornamental. However, at the critical moment of the game, referees should not use the principle of advantage and disadvantage to control the rhythm of the game, otherwise they will artificially affect the result of the game and bring unnecessary trouble to themselves.

3.4 Role of referees

As an excellent basketball referee, he must know the relationship between the referee and the game. The players of both sides in the basketball game are the protagonists of the basketball game. The referee only serves the basketball game. Don't show yourself too much, or do some unnecessary actions, or some exaggerated actions. A successful game is to let the audience focus on the game and forget the existence of the referee.

3.5 Audience impact

In modern basketball, the audience is an indispensable member. They are the spectators of the game. The audience looks at the basketball game with emotion. They may have their own favorite team, and many viewers don't understand basketball and just watch basketball with their own intuition. It is precisely because of these psychologies that when the team they like loses, it may cause the audience to lose control of their emotions, so as to trouble or abuse the referee. When encountering such problems, referees should pay attention to adjusting their emotions and not lose control of the game due to the influence of the audience.

3.5.1 Pretending to be deaf and dumb

The dispute between the referee and the audience is unnecessary and final. Many audiences don't understand the basketball rules and just judge the game according to their own feelings. Too much communication with the audience is likely to affect the referee's mood and lose control of the game. The referee should remember that for any words of the audience, the referee should learn to pretend to be deaf and dumb, turn a blind eye and listen, and do not affect the referee's judgment because of the audience.

3.5.2 Audience control

In recent years, stadium violence from spectators has occurred from time to time. As the audience is not a participant in the game, the referee has no right and obligation to control the audience. In case of audience disturbance, the referee should not participate directly and hand over these situations to the court security.

4. Conclusion

If the referee wants to control the rhythm of the game, he must first keep up with the rhythm of the game and clarify his position, which requires the referee to have good referee quality. Only in this way can the referee have the foundation to control the rhythm of the game.

If the referee wants to control the rhythm of the game, he must master certain methods. These methods are based on the referee's feeling of the game. The referee must have a clear concept of violations in the game.

In the competition, any situation may occur, and the referee must pay attention to his own and external interference. For some emergencies, referees must withstand the pressure. Only in this way can they firmly grasp the control of the game rhythm.

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Sports and the Construction of the Chinese Nation: A Shift from State Construction to Nation-State Construction

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Abstract: Using methods that include dynamic investigation, historical research, and theoretical analysis, as well as dialectical thinking about double crises and double solution, this paper explores the relationship between sports and Chinese nation building and highlights the role of sports in constructing the Chinese nation in different historical periods and against different political backgrounds since the founding of the Peoples' Republic of China in 1949. In the early years, sport primarily focused on serving people's health, production and labor, and national defense. However, learning from the Soviet Union model, competitive sports began to serve as a bridge to open up a new prospect for China's diplomacy and help to establish the legitimacy of its international status. After economic reform and opening up, thanks to the "*Ju Guo Ti Zhi*" (national system: unified mobilization and deployment of relevant national forces) with concentrated efforts and resources for Olympic sports, China realized the century-old dream of uniting Chinese national spirits and strengthening national confidence, pride, and honor. Finally, the national rejuvenation as the new historical mission now highlights the shared prosperity of sports and the country and advocates the concept of people-oriented development with humanistic values based on cultural attributes, thereby realizing the transformation of New China's sport from national construction to nation-state construction.

Keywords: Sports; China; State Construction; Nation-State Construction; Shift

Introduction

Since the year 1500, when human beings bid farewell to regional development and entered the era of globalization, the world system has formed a basic structure with the nation-state as the basic unit. Until now, the basic fact that nation-states are the main players in international competitions has not changed. Moreover, promoting national prosperity is still the historical mission for sport and the theme of the new era.¹ From the late Qing Dynasty to modern China, the Chinese nation has experienced the arduous process of evolution from the classical empire to the modern nation-state and experienced national change from feudal autocracy, bourgeois-democratic republic to the people's democratic dictatorship. Along with the dynamic changes in the country's development, the concept of sport in New China is also continually developing and changing in the process of building a nation-state. As a social, cultural, and educational activity with political functions, sport is attached to and embedded in the country in different periods, closely linked with China's modernization process.

Sport contributes to national soft power. That is why nearly all countries seek to enhance their national strength through sports.² In addition, sports have proved "uniquely effective" in defining national identity and a sense of belonging.³ With nation-state construction as the theme, locating sport within the early days of the Mao Zedong era after the founding of the PRC on 1st October, 1949, the reform and opening up period and the modern nation-building new era, this paper interprets the reception and subsequent rejection of the Soviet model approach, the collision of the former closed environment and the reform and opening-up policy, the dilemma between the spirit of sport and political demands and the balance between real

interests and humanistic values in the nation-state construction of New China, to reveal the basic trajectory and internal laws of the metabolism of sports in relation to the construction of the nation-state.

1. The evolution of the nation-state in modern China

The term ‘nation-state in Chinese refers to a sovereign state based embracing multiple nations within the same political structure rather than a single nation-state. In other words, it is the basic unit of the modern world state system.⁴ The main symbol of its formation is the establishment of the concept of ‘sovereignty’ and the identification of the national community, that is, occupying a particular territory, the country is composed of nations and people, free from foreign domination and with an organized government.⁵ The concept of ‘nation’ in ancient China was mostly embodied in the cultural sense, while in modern times, it has been gradually transformed from the cultural dimension to a political dimension under the influence of Western social theories and thoughts. The establishment of China’s nation-state originated from the globalization of the modern world and the expansion of capitalism, but it also grew in the process of resisting external oppression and exploitation.

The world entered the modern era in the sixteenth century. Humanity bid farewell to the development of regionalization and entered a world characterized by the integration of different civilizations in various countries on all continents. The first-mover predominantly Western countries developed rapidly, but non-Western countries were also set on the established track of development. Before 1840, China’s feudal system had operated for more than 2,000 years with a strong economy, and the people enjoyed the imperial grace and the powerful Confucian moral appeal. People under the classical monarchy believed only in the view of ‘*Tianxia*’(world). The state power was based on its primary function with the hierarchical structure of imperial power, bureaucratic power, and gentry power. The world was the emperor’s world, and the people were just the emperor’s subjects. The people lived and worked in peace and contentment, multiplied and thrived in their respective regions, and each had his own destiny and fulfilled his role. There was no nation-state consciousness, but only feudal etiquette and the three principles and five constant virtues (the moral code between people advocated by feudal ethics). The country according to this view of the world was the emperor’s country. Everything in the country was the emperors. Moreover, the enlightenment of Confucianism shaped these political principles of extreme imperial power: ‘the ruler wants his minister to die, and the minister has to die’⁶, ‘Although the emperor is not kind, the minister dare not do anything to the emperor’⁷, ‘Although the emperor is not benevolent, the minister cannot disobey him’⁸, ‘All the world, is the land of the emperor; all the people, are the king’s subjects’⁹.The classical empire was a closed state which maintained its metabolic stability without external challenges.

In the late Qing Dynasty, the internal and external power crisis of the country became more and more serious, and the self-repair mechanisms of imperial China were no longer applicable when faced with the robust import of foreign cultures. The concept of nationalism was awakened, and internal and external conflicts between ethnic groups had accelerated the collapse of the classical monarchical state’s political system. Although steps had been taken to make changes, trying to establish a constitutional monarchy that weakened imperial power to protect civil rights, freedom, and equality, in the end, the results unsuitable. Faced with the challenge of external capitalist countries and the awakening of internal national consciousness, Kang Youwei’s Hundred Days Reform could not make up for the increasingly constricted self-adjustment space of imperial China. Although Liang Qichao pioneered the term ‘Chinese nation’, in the end, the constitutional monarchical system was still unable to be changed and was replaced by the more adaptable Western party-state model. Modern China had finally settled for the paradigm of the modern nation-state through difficult, tortuous, and repeated exploration under the dual pressures of internal division and external oppression.

2. The focus is on national construction: Nationalism and sports in the Mao Zedong era (1949-1976)

2.1 Sports cultivate the builders of socialism and defenders of national defense for the country

Not long after the founding of PRC, a close relationship between sport and politics was established. Training healthy and strong bodies for national defense and the socialist state were the policies and the practice of sport.¹⁰ At the beginning of 'Sports Research', Mao Zedong pointed out that 'The national strength is weak, the martial arts are weak, and the nation's physique is becoming more and more delicate. It is a worrying phenomenon.'¹¹ The national physique and the destiny of the nation-state were closely linked together; the long-term burden of the humiliation of the 'sick man of East Asia' made China's sports development inseparable from the historical mission of becoming a strong country. After the founding of New China, it was necessary to strengthen a country with the world's largest population (541.67 million) and a severe economic recession (4.5% of world GDP) following a century of conflict.¹² Taiwan had not yet been liberated militarily, and the situation in North Korea was tense. Due to these difficulties, sports were bound to be valued by the state from the beginning for restoring the national economy and building a strong national defense. On 21st September, 1949, the 'Common Program of the Chinese People's Political Consultative Conference', with the character of a provisional constitution, was passed. It explained cultural and educational policy: 'Promote national sports, to promote the health of the people.'¹³ 26-27 October 1949, At the 26-27 National Congress of Sports Workers in October 1949, Zhu De pointed out: 'Our sports industry is for the people, national defence and national health, not only for students but also for workers, farmers, citizens, military agencies and groups.' In June 1952, the All-China Sports Association was established. Mao Zedong wrote an inscription for its establishment: 'Develop sports and enhance the people's physical fitness.' Zhu De wrote for the founding ceremony: 'Popularize people's sports for production and national defense service'. The original 'Articles of the All-China Sports Federation' clearly defined the goal: 'Improve people's health and serve national defense and national construction.'¹⁴ These statements outlined the characteristics of sport in nation-state construction in the early days of the People's Republic of China. First, sport was for people. These guidelines enhanced people's physical fitness and safeguarded the people's right to participate in sports. Second, sport was for national defence. It enhanced physical fitness through exercise and reserved the power to protect the fruits of the revolutionary victory; Third, sports served economic construction, promoted people's health, improved labor efficiency, and developed the national economy.

2.2 The people's Republic of China regains IOC status and fully represents

China

In a debate about Bohemia and Finland participating in the 1912 Olympics, de Coubertin noted that the modern Olympic competition's spirit was 'all games, all nations.'¹⁵ but his idealism was arguably too optimistic.¹⁶ New China's sport faced a dilemma between ideals and realities.

After World War II, the Soviet Union joined the international sports system and participated in the Olympic Games for the first time in 1952. To expand the socialist camp, it hoped that China would participate with the Soviet ambassador to China visiting the All-China National Sports Federation in Beijing to make this point. After realizing the importance of the Olympic Games for political legitimacy, the Chinese government changed the face of Chinese sports. China and Chinese sports began to play a part in the quest for international recognition of political issues. China participated in the Helsinki

Olympic Games in 1952 for the first time without having set up a specific governing organization. The participation of China and the Soviet Union at the Olympics was considered by many to symbolize the Olympic spirit. The then Olympic President Avery Brundage noted, "That the first raising of the Iron Curtain should be in the field of sport is not without international significance- and a great tribute to the power of the indestructible Olympic idea."¹⁷ Meanwhile the Soviet Union regarded the Olympic Games as a competition on the international stage. China was also aware of the importance of the Olympic Games to China's international legitimacy. The Helsinki Olympics was the first occasion on which The PRC's flag was flown on the international stage, thereby showing to the world the existence of the new China.

However, the IOC did not realize that China's participation and the Soviet Union's promotion of China into the IOC made it necessary to address the two China issues. First of all, after the founding of the PRC, it claimed to be the only legitimate government representing the Chinese people, but the Kuomintang also claimed to represent China and opposed the PRC's entry into the IOC, preventing it from playing a role in other international organizations. Secondly, both the PRC and the Taiwan government considered membership of the IOC to be a political issue, mostly because it decided who was the legal representative of China. Although China was admitted to the IOC later, the IOC did not exclude Taiwan from the subsequent 1956 Olympic Games. Therefore, the PRC withdrew from the national Olympic family until 1979 when the IOC recognized it and required Taiwan to be subordinate to China. After an absence of more than 20 years, the PRC returned to the international Olympic family.

2.3 Elite sports of the Soviet model and China's sports diplomacy

In the introduction of the Soviet model and the process of sinicization, a large number of elites in competitive sports were cultivated. Although New China did not participate in the Olympic Games for a long time, the competitive sport still played an important role as a bridge in the diplomatic field. It made an indelible contribution to China's diplomacy and legitimacy of its international status, promoted China's internationalization, and shaped the new international political pattern in the late twentieth century.

After the Russian Revolution in 1917, the Soviet Union began to develop a government-led sports model to seek new social forms to serve the working-class country. This model was introduced into other socialist countries from 1948 to 1956, including New China. In the early days of New China, mass sports, school sports, competitive sports were all based on the Soviet model, and New China was constantly digesting and developing to make it its mode, gradually realizing sinicization. Sport plays a vital role in national identity, national cohesion, and national construction. To cultivate competitive sports talents as soon as possible, New China adopted the strategy of bringing in and going out. New China invited Soviet delegations and coaches to China to visit, exchange and coach. At the same time, New China sent athletes, coaches, scholars, and managers to the Soviet Union to learn about competitive sports. In 1956, a three-level selection mechanism of competitive sports talents was established to choose the best athletes to represent the country. Despite the deterioration of China's relations with the Soviet Union and the destruction of competitive sports during the Cultural Revolution, sports still served China's foreign policy objectives well, enabling China to establish good relations with countries in Latin America, Africa, and Asia.¹⁸ It has maintained China's image in the Third World and promoted friendship among nations.

Table tennis diplomacy has become a classic example of sports serving politics. During the Nixon era, the United States needed China's help to deal with the relationship with Vietnam and to increase the bargaining chips with the Soviet Union. It was also crucial for the historical positioning of Nixon's political career. The improvement in the relationship between China and the United States has given China two significant advantages: The Soviet Union's deterrence on China at the northern border at the time was mitigated, and the Taiwan issue was under China's control again. The long-term hostility between China and the United States made both sides cautiously look for different ways to send a positive signal, and finally, a sporting event (table tennis) played a crucial role. The interaction between the Chinese and American table tennis teams at the 31st World Table Tennis Championships in March 1971 finally opened the door for the two countries to make contact. On 10

April of the same year, New China attracted the first group of American guests, American table tennis players. A few months later, Nixon finally made a historic visit to China, which also ushered in the normalization of Sino-US relations. The table tennis diplomacy became a model, and then tennis brought reconciliation between China and South Korea. All in all, sport played a huge political role in the early days of China's founding. In a period of uncertainty and conflict in international relations, sport promoted China's internationalization, played a considerable role in the Sino-US relations, and shaped the world's political structure at the end of the twentieth century.

3. Emphasis on strengthening the state construction: Olympic strategy, national system, and the realization of the century-old dream of Chinese sports (the 1980s to 2008)

3.1 The success of rejoining the Olympic Games has restored the people's confidence in the nation-state

Thirty years after the founding of the People's Republic of China, the Chinese people have gained the independence of the nation and the state, and the concept of the nation-state has taken root in the hearts of the people. However, internal and external conflicts intensified, relations with the Soviet Union deteriorated, Sino-US relations were frozen, and social development in the "Great Leap Forward", and the "Cultural Revolution" stagnated, making the Chinese people need to regain their national confidence, national pride and national honor. To realize the economic reform, the internationalization, and the socialist modernization, it is necessary to stress the national spirit and arouse the national enthusiasm. Sports, especially competitive sports, played an important role at that time. After the Cultural Revolution, China completed the rectification of chaos, and made clear the new development goals, plans, and policy measures of sports. With the implementation of reform and opening-up and the acceleration of the construction of socialist Four Modernizations, after returning to the Olympic family, competitive sports represented by the 'National System' has realized the century-old dream of Chinese sports and won countless prizes for the country, effectively serving the country's Four Modernizations and stimulating the enthusiasm of the people to participate in sports. It has laid the foundation for a sports power.

Profound changes occurred in China's society in the 1980s. China's ambition was to achieve modernization and to catch up with the Western capitalist world. Chinese sport played an important part in stimulating the nation's enthusiasm and motivating the Chinese people towards modernization.¹⁹With the restoration of legal seats in the IOC and other international sports organizations in 1979, Chinese sports started to go out to the world. During this period, Chinese sports, especially competitive sports, also became a microcosm of China's economic and social development. Under the guidance of the Olympic strategy, many elite athletes were trained for the country, and finally won medals in the Olympics. Since then, Chinese competitive sports' slogan has changed from "friendship first, competition second"²⁰to "making progress and winning glory"²¹Competitive sports, which once promoted exchanges and friendship, have been given a new mission, which is winning more honors for the country on the international stage, establishing a good international image, and enhancing national self-esteem, self-confidence, and national pride.

The Ministry of Sports held a meeting in Beijing in February 1979 to discuss the future development of sports. The meeting decided to abolish the class struggle-oriented sports policy implemented during the Cultural Revolution and passed a new sports policy to serve the Four Modernizations.²²In 1980, the Ministry of Sports held another national sports conference to formally formulate the future development plan of sports, including mass sports and competitive sports. However, the main focus is on competitive sports after the Olympics. The international success of Chinese athletes are going to bring people

pride, confidence, and hope for the country, which were the urgent needs in the transitional era.⁶⁵ Countries led by the United States refused to participate the Moscow Olympics in 1980, and China joined them to protest the Soviet invasion of Afghanistan. The Los Angeles Olympics in 1984 became the first summer Olympics that China participated in since 1952. Xu Haifeng achieved a breakthrough in getting the first gold medal for China, and China won 15 gold medals. Samaranch said: "This is the greatest day in the history of Chinese sports."²³ The success in the Olympics had much inspired the Chinese people and government to develop competitive sports further.

In 1985, the Ministry of Sports officially formulated the Olympic strategy of prioritizing competitive sports and adopted the "National System" to use limited resources for the development of competitive sports. Since then, Chinese competitive sports have achieved fruitful results. From the 1984 Los Angeles Olympics to the 2012 London Olympics, China won 198 gold medals, 144 silver medals, and 127 bronze medals. From the 7th Tehran Asian Games in 1974 to the 16th Guangzhou Asian Games in 2010, China won 1190 gold medals, 793 silver medals, and 570 bronze medals. Competitive sport has established China's status as a sports power in Asia and the world. It has become a symbol of national rejuvenation. It has also reflected China's outstanding achievements in economic reform and modernization. The "National System" for China's competitive sports not only realizes the people's confidence in the country and the nation, but also builds morale, and injects strong spiritual impetus into the socialist modernization drive. In the achievements of economic construction, the Chinese people see the hope of the country, and the revival of a mighty nation. The "National System" for China's competitive sports have also become the institutional advantage of Chinese sports, and it has also realized the socialization development of sports with Chinese characteristics.

3.2 Get rid of the historical burden to realize the century-old Olympic dream and establish the competitive sports power status

The "National System" not only realized the people's confidence in the country and the nation but also brought together the morale and injected a strong spiritual impetus into the socialist modernization drive. With the achievements of economic construction, the Chinese people saw the hope of reviving a robust nation-state. The "National System" (unified mobilization and deployment of relevant national forces) of the Chinese competitive sport had become the system advantage of Chinese sports, regarded as the development of socialism with Chinese characteristics in sports, and it had directly promoted and guaranteed the realization of the century-old dream of China's Olympics.

In the mid-nineteenth century, following the aggression of Western powers, the harm of opium, civil unrest, natural disasters, and China's absence in sports competitions, especially in the Olympics representing Western democracy and freedom, a discussion of China became the "sick man of East Asia" after the failure of the Sino-Japanese War in 1894-1895. It became an insulting label applied to China by the West and Japan and became a stigma for the weak national physique. China was regarded as the "sick man of East Asia" which was considered by the Chinese as the beginning of a century of national shame.²⁴ In 1907, Zhang Boling actively spread the Olympic concept in China and advocated strengthening the country and people by sports. After that, a student from Naikai University put forward the famous "Three Questions about the Olympics" in "Tientsin Young Men": "When can China send an athlete to participate in the Olympics? When can China send a sports team to participate in the Olympics? When can China host an Olympics on its own?"²⁵ From the time of Liu Changchun participating in the Olympics in the Republic of China to Xu Haifeng made the breakthrough of winning the first gold medal in the 1984 and then to the successful host of the Beijing Olympics with the historical breakthrough of winning the most gold medals, the realization of the century-old dream is intertwined with resistance against foreign aggression, internal struggles, national identity, and national rejuvenation. China's brilliant achievements in the Olympics indicate that China, one of the oldest civilizations globally, has regained the self-confidence of the nation-state and made achievements in its economic reform and modernization after more than one hundred years of humiliation. Getting rid of the shame of 'Sick man of East

Asia' and standing up as an independent country proudly among the nations of the world, China has written a glorious Chinese chapter in the history of world sports.

4. Emphasis on strengthening the nation-state construction: the dream of being a “powerful nation in sports” in a modern country in the new era (after 2008)

4.1 The transformation of sports function in the post-Olympic era: From nation-building to strengthening nation-state building

After the Beijing Olympics, the way to develop China's sports for the country, for the nation, for the society, and the people, and the future presented to the people is undecided in the new era. There are some arguments and predictions that mass sports will replace elite sports after the Beijing Olympics to become the main focus for the government after the Olympics.²⁶ After more than ten years of theoretical and practical exploration, China established the goal of future sports development, which is to serve the overall strategic situation of fully realizing the Chinese Dream and the ‘two-century goals’, building itself into a sports power, and achieving great national rejuvenation. This strategy is not only a continuation of the former one with the country as the main body, but also a consideration of the development of mass sports with the people as the main body, raising the national fitness to the height of the national strategy of healthy China, and realizing the all-round development of competitive sports, mass sports, sports technology, sports industry, sportsmanship, and sports culture.

The Beijing Olympics has realized the one-hundred-year dream, and it is also a symbol of China becoming a sports power.²⁷ With the extinguishing of the Olympic flame, we bid farewell to an era and move towards a new era. The transition from ‘a competitive sports power’ to ‘a comprehensive sports power’ has become a strategic issue concerning the overall development of the country in the post-Olympic era. In his speech at the summary and commendation meeting at the Beijing Olympic and Paralympic Games, Hu Jintao clearly stated that he would further promote the country from ‘competitive sports power’ to ‘a comprehensive sports power’. Speeding up the construction of a comprehensive sports power is the strategy of the Party of Central Committee and the State Council, aiming at fully realizing the Chinese Dream of the great rejuvenation of the Chinese nation. It is the requirement for sports development to enter a new stage and a new cycle. On 19 November 2013, when President Xi Jinping met with the then IOC President Bach in the Great Hall of the People, he pointed out: ‘Changing from a competitive sports power to a comprehensive sports power by striving to improve people’s health and developing mass sports and competitive sports simultaneously’²⁸ On 7 February 2014, Xi Jinping reiterated in an exclusive interview with Russian TV in Sochi: “China's sports industry continues to develop, and the Chinese government attaches great importance to sports. Our goal is to build a comprehensive sports power.”²⁹ The essence and core of a powerful country is realizing the comprehensive modernization of Chinese sports, including mass sports, competitive sports, sports industry, sports culture, sports technology, and school sports.

4.2 The people-centered “sports power” in the new era to rejuvenate the Chinese nation

As a late-developing modern country, Chinese sports on the early stage served to meet the needs of political, military, diplomatic, and economic construction in the specific historical background, and domestic and international environment. In the development of Chinese sports, the construction of the nation takes precedence over the construction of the nation-state with people as the central body.

The development of sports is closely related to the development of the country. Sports make the country strong and a prosperous country makes sports developed. Sport carries the dream of national prosperity and national rejuvenation. Building a sports power to realize the Chinese Dream of the great rejuvenation of the Chinese nation is to change the fact that the country is strong while the people are not, namely to improve the lagging nation-state construction, returning sport its cultural attributes and functions. “To accelerate the construction of a strong country in sports, we must adopt the people-centered idea, which means regarding the people as the center in developing sports, considering people’s fitness and all-round development as the starting point and destination of sports, implementing the national strategy of fitness for all, and constantly improving people’s health.³⁰ Putting the people at the center is an important goal for building a strong country in sports in the future. Insisting the development of sports is for the people, solving the conflict between meeting the people’s growing needs for a better life and unbalanced and insufficient sports development, and promoting the ‘Healthy China 2030 planning outline And the ‘Outline for Building a Powerful Sports Country’ is to achieve the goal of national fitness for people’s health, the integration of a comprehensive sports power and a healthy China, and to realize the inheritance and development of the Chinese sports spirit and the Chinese national spirit.

The people-centered development concept is Xi Jinping’s important development idea of governance in the new era, marking the future development of Chinese sports focus on the building of the nation-state. Promoting the realization of the Chinese dream through nation-state construction covers the country and the people as the two central bodies, making the humanistic attributes of sports highly consistent with the cultural consciousness of the nation, the national attributes of sports highly consistent with national identity, and the spirit of sports highly consistent with the beliefs of the Chinese nation. The realization of the Chinese dream is closely related to the dream of China’s comprehensive sports power. The construction of a strong nation in sports in the new era has strengthened the people, promoted the recognition of value, developed sport itself, served the nation-state, and promoted a strong nation-state through sports. Sport has become a landmark of the great rejuvenation of the Chinese nation.

5. Conclusion

The nation-state view in modern China was formed in the process of resistance to foreign aggression, restoration of national independence, frequent domestic wars and political turmoil. The country has experienced the collapse of the classical monarchy, the failure of the democratic republic. Finally, the founding of New China is a step closer to the great rejuvenation of the Chinese nation. Sport has always transformed its functions along with the historical missions of New China in different periods.

After New China was founded in October 1949, during the Mao Zedong period (1949-1976), Chinese sport focused on developing sports and strengthening people’s physique to serve the construction of the national economy and national defense forces. Besides, it mainly relied on the Soviet model to train elite athletes, strengthen sports exchanges with third world countries under the situation of not participating in the Olympics, and serve as a bridge in the subsequent establishment of diplomatic relations between China and the United States. The acquisition of a legal seat in the IOC marked the end of the long-troubled “Two China” issue. New China, as an independent legal, political, and legitimate entity, began to represent China in the Olympic Games. During the modernization period of economic reform and opening up, the “National System” realized a one-hundred-year dream of China’s sports. After returning to the Olympics, China formally participated in the Summer Olympics in 1984, won the first gold medal, and then successfully host the 2008 Beijing Olympics. It is a symbol of a comprehensive sports power, inspiring the Chinese nation to realize its dream of national rejuvenation. After the Beijing

Olympics, the entire Chinese nation began to think about what kind of Chinese sports should be promoted in the future. The new era of China led by Xi Jinping finally gives the answer, which is to develop people-centered sports. They include mass sports and competitive sports, sports industry, school sports, sports culture, sports science, and technology, etc., to realize the goal of being a comprehensive sports power.

Summarizing the relationship between sports and the nation-state since the founding of New China, it is not difficult to find that before the Beijing Olympics, China developed competitive sports to make Chinese people regain national self-confidence, national pride and honor to bring together national spirit. During this period, the role of sports in national construction mattered more than that in nation-state construction with people as its core. The fact that China successfully hosts the Beijing Olympics marks the peak of national sports, especially competitive sports, and the people are eagerly looking forward to China's transformation from a competitive sports power to a comprehensive sports power. China's rational thinking and the return of the value of sports in the post-Olympic period has allowed sport to regain its value and function, that is, to adhere to a people-oriented development concept, focus on mass sports and the health of people. It emphasizes the joint construction of the people and the country for China to ultimately become a comprehensive sports power and promote the great rejuvenation of the Chinese nation. Modern sports in China not only grow in the formation of the nation-state, but also plays a role in the construction of the nation-state, and it will inevitably coexist with the Chinese nation.

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Explain and Analyze the Organic Combination Between Folk Games and Sensory Integration Training in Kindergarten

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Abstract: Sensory integration training refers to an interesting exercise training correction method, which can use specific sports equipment, activity content and so on to train children's motor ability and sensory ability pre-pensively and purposefully, gradually develop children's intelligence, and help children with problems gradually return to the original normal education. From the type and content of folk games, a lot of games are very suitable for sensory integration training. It can train children's coordination ability. Therefore, teachers need to integrate folk games and sensory integration training to help children grow up better.

Keywords: Kindergarten; Folk Games; Feeling System Training

Introduction

It is exactly because of the children with sensory integration problems that the development of sensory integration training is particularly important. Sensory integration training can also effectively improve children's physical quality and enhance their self-confidence. So that they can get good emotional experience in the process of training. It is very good for children's mental and physical healthy growth. It can also enhance children's sense of unity, competition and cooperation consciousness. Consequently, teachers need to choose different training methods and folk games to activate children's enthusiasm for participation and desire for training according to children's specific conditions.

1. Concept of sensory integration

Sensory system theory was put forward by Dr. Ayers in 1972. It is the way of the human brain with feeling learning feel integration, namely, by taste, vision, smell, sight, proprioception, parallel sleep and so on to percept and accept the external environment, including information such as the internal environment, and to filter information through the nervous system to the brain. The brain processes and analysis the information. It follows certain rules to issue corresponding instructions to the body. The tissues and organs of the limb will respond accordingly. When receiving new information, the brain needs to search for previous information and experience. Compared the previous experience with the new feeling, it makes coordination and response. The process is called sensory learning, also known as sensation-motor learning. The processing and integration of sensory information by the brain is called sensory integration [1]. In simple terms, sensory integration refers to the input and combination of sensory information from different parts of the human organs, and the integration of the brain to make corresponding responses to the perception outside the body. If a person can have sensory unity, then the body and brain will develop in harmony.

2. the general performance and harm of sensory system imbalance

If children have sensory dissonance, then it will affect their healthy growth, especially affect children's psychological quality, comprehensive ability, intellectual development, learning ability, interpersonal relationship, character quality, etc.,

specifically in the following aspects:

First, vestibular balance is dysfunctional. It is mainly reflected in the children's restless hyperactivity, very easy to fall when walking, very easy to dizzy in situ circle, unable to maintain the concentration of attention, distracted in class, doing small movements, more excited and active, naughty, breaking the classroom discipline. At the same time, this type of children is also easy to conflict with others. It is difficult to share their food and toys with others, fail to consider the needs of others fully. It may also appear the conditions, such as, appear words, language development delay, express difficulty.

Second, there are problems in visual perception. Lots of children can play with electric toys and watch cartoons for a long time. However, they cannot read smoothly. When they read, they often read more words, less words, skipping words and missing words. Even forget to learn, do not know the word, do not calculate and so on.

Third, there are problems with the sense of hearing. This type of problem often shows up in not being able to hear what others are saying, losing things, and often forgetting what the teacher has assigned or said.

Fourth, the sense of touch is too dull or sensitive. Specifically, children are more afraid and afraid of the unfamiliar environment. They often bite nails and fingers. They like to play with genitals, love to cry, easy to worry, too dependent on parents, love to provoke others, have a short fuse, partial or overeating.

Fifth, the pain is too dull or sensitive. Specifically, children appear self-injury, self-harm, risk-taking behavior. They cannot summarize a variety of lessons and experience. Or they appear to be withdrawn, little movement, lack of curiosity, unsociable, lack of exploratory behavior and do things timid and so on.

Sixth, body sense disorder and other problems. It is easy to get lost, do not have a strong sense of direction, often lost. They cannot play the game of hide and seek, and it is very easy to fall when they close their eyes. No posture when sitting or standing. They are short-sighted, hunchbacked, and afraid of the dark.

Seventh, the movement is not coordinated. Children don't have strong movement coordination ability. They cannot ride a bike, racket, roll and jump rope like other children. It is very easy to fall when they walk.

Eighth, it is unable to do fine motor for them. Children will not buckle buttons, tie shoelaces, use chopsticks, etc., They don't have the ability of the manual operation, and their hands and feet are clumsier.

The occurrence of these problems above will bring more problems and obstacles to children's communication and learning. Although children with these problems have abnormal or normal IQ, but they don't have a strong brain coordination. It will affect their memory and attention. It also affects their interpersonal communication and speech expression. It will also affect their life, learning and movement, seriously the normal development of children. In addition, in the early childhood, sensory dissonance of children cannot show. But in the preschool years, their personality and learning ability will have various obstacles. Compared with other normal children, these children in the need of the ability will be more awkward. Their psychological quality and interpersonal relationship are poor. If teachers and parents can find these problems for the first time, and carry out the corresponding psychological treatment training in time, then we can ensure the healthy growth of children. It can avoid the problems fundamentally, such as truancy, hating learning, lying, etc. And it can avoid preventing them from growing into criminals

3. Sensory integration training in folk games

3.1 Sensory training

Children with a poor sense of self are usually shown as having no strong coordination ability, clumsy hands and feet, passive, dragging and sluggish movements, lacking of confidence and ambition, carelessness, irritable temper and other conditions. They are unable to complete the tasks assigned successfully by teachers, but also do not have a strong self-care ability. Therefore, in the actual learning process, children of this type have problems, such as low learning efficiency and difficult learning. For this type of children, teachers need to analyze and explore folk games carefully, choose appropriate games to train children, and carry out lively and interesting sensory integration training.

For example, in the sense of system training, the children can be added to the folk games -- throwing sandbags. The game involves combining multiple children, two of them are responsible for throwing sandbags, hit the guy in the middle of

the field. If a child is hit in the middle, the person who hit her or him should throw a sandbag instead. Before the formal game, the teacher should understand the actual situation of our children fully. It follows certain rules and principles. The children are divided into several different groups, and carry out the corresponding game of throwing sandbags. Teachers need to make sure that all children can participate in the game, to exercise children's coordination. In addition, the teachers also can be applied when teaching Fang Bao game. This game refers to two children memorial game. It is a piece of paper folded into a square. One of the children needs to put his treasure on the ground, the other child needs to use his own treasure to hit the treasure on the ground. If you can knock over a treasure on the ground, then the other side's treasure will become your own. Both folk games can effectively enhance children's sense of identity. In the process of daily education and training, the teachers can also carry out some rotary motion, variable motion, strength training to enhance children's sense of identity. At the same time, teachers should also communicate with parents, and encourage parents to develop similar parent-child games at home.

3.2 The balance of brain training

If parents fail to carry out crawling training in time after the birth of children, it will have a certain impact on the development of children's balance function. And it will appear that running is easy to fall, restless and unbalanced. Some young children were in a rotation motion, never feel dizzy, because children's submarine balance function is not sensitive. It is not smooth to process outside information. Some children are very easy to dizzy. Because children are too sensitive. The external information is very easy to enter the brain of children quickly. They are very easy to be affected by external factors. They are unable to maintain long-term concentration of attention. In order to avoid such problems for children, parents need to carry out the initial brain balance training regularly and moderately about three months after the birth of children. When children are about seven or eight months old, parents must train their children's crawling ability, which can effectively train children's hands and feet coordination. When the child is a little bigger, they need to let the child swing more, walk the balance beam, the merry-go-round, etc.

In kindergartens, teachers can carry out some more targeted training to activate children's thinking. It can enable them to form good coordination ability. Such as, preschool teachers can make full use of the folk game, fighting cocks. This game can be played by more than one child or two children. Children need to pick up one of their legs, the other leg needs to land, and then collide with each other. Children who fall to the ground by touching their feet fail. Teachers can carry out two people's competitions firstly. The final winner of the young children may get certain rewards. After the completion of the game, teachers can also let children share their experience of victory, systematic summary and induction, so that children can accumulate more experience and master more knowledge. Again, for example, the teacher may join the Lamar game in daily training. This game is suitable for four children working in pairs. Each group requires one child to ride on top of another child and try to pull the other child off. The group that was pulled off fail. These games can make the teaching content become rich and colorful. It can also enhance children's sense of competition, improve children's brain balance and coordination ability effectively. In addition, teachers should also make full use of the balance table, balance beam and rotating cylinder to improve children's attention as far as possible.

3.3 Training sense of touch

Many learning disabilities children usually will act slow. Acting slow doesn't mean that the child has a learning disability. But from the perspective of the aspects of development, sensory movement is also a very important and critical mental function. Because the complex psychological functions are developed from simple psychological function gradually. The purpose of sensory training is to exercise the nerve sensing of muscles, joints and skin of children and adjust the sensitivity of sensory nerves of children. From the perspective of family education, parents can carry out temperature sensory training, touch training, weight sensory training, physical sensory training, visual training, taste training, auditory training and so on. In kindergarten education, teachers can join in a variety of folk games to increase the pertinence of training appropriately.

For example, the teacher may add some interesting folk games in daily training to make the sense of all the training

more interesting. Such as, Teachers can use the game of marbles. The game doesn't limit the number of children to participate in the game. Before the actual game, teachers can explain the rules of the game for children: It pops out of your hand and hits someone else ball. You hit someone else glass ball, and you can continue to collide. If you can't touch someone else ball, then they have to touch it, and so on. In addition, teachers can adopt the ice-cream stick out of the game. The game belongs to two people. The two children had to hold a handful of Popsicle sticks and spread them on the ground. The children had to take out one without touching the others, and then use it to stir the others until they touch the others. These games can exercise children's fine motor ability effectively. It can build a good foundation for the development of young children in the future.

4. Conclusion

To sum up, in order to carry out sensory integration training better, teachers need to accurately grasp and analyze the problems existing in children, and select appropriate folk games according to the content of sensory integration. Teachers can use a variety of folk games in sensory training, brain balance function training and touch training, such as playing ball games, ice-cream stick game, cockfighting, Lamar game, throwing sandbags, Fang Bao games, etc. At the same time, teachers are required to take safety measures to ensure that children can receive good sensory integration training in folk games and ensure their healthy growth and development.

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